



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 42119, Babyfood, banana juice with low fat yogurt

Report Date: June 24, 2017 22:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.5g	1 bottle NFS 126g
Proximates						
Water	g	78.50	--	--	24.73	98.91
Energy	kcal	89	--	--	28	112
Energy	kJ	372	--	--	117	469
Protein	g	2.50	--	--	0.79	3.15
Total lipid (fat)	g	0.80	--	--	0.25	1.01
Ash	g	0.66	--	--	0.21	0.83
Carbohydrate, by difference	g	17.54	--	--	5.53	22.10
Fiber, total dietary	g	0.4	--	--	0.1	0.5
Sugars, total	g	13.28	--	--	4.18	16.73
Minerals						
Calcium, Ca	mg	79	--	--	25	100
Iron, Fe	mg	0.20	--	--	0.06	0.25
Magnesium, Mg	mg	10	--	--	3	13
Phosphorus, P	mg	65	--	--	20	82
Potassium, K	mg	160	--	--	50	202
Sodium, Na	mg	37	--	--	12	47
Zinc, Zn	mg	0.14	--	--	0.04	0.18
Copper, Cu	mg	0.030	--	--	0.009	0.038
Selenium, Se	µg	1.6	--	--	0.5	2.0
Vitamins						
Vitamin C, total ascorbic acid	mg	33.9	--	--	10.7	42.7
Thiamin	mg	0.030	--	--	0.009	0.038
Riboflavin	mg	0.100	--	--	0.032	0.126

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.5g	1 bottle NFS 126g
Niacin	mg	0.270	--	--	0.085	0.340
Vitamin B-6	mg	0.120	--	--	0.038	0.151
Folate, total	µg	6	--	--	2	8
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	2	8
Folate, DFE	µg	6	--	--	2	8
Choline, total	mg	11.4	--	--	3.6	14.4
Vitamin B-12	µg	0.43	--	--	0.14	0.54
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	6	--	--	2	8
Retinol	µg	5	--	--	2	6
Carotene, beta	µg	5	--	--	2	6
Carotene, alpha	µg	3	--	--	1	4
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	28	--	--	9	35
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	16	--	--	5	20
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.02	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	1	--	--	0	1
Vitamin K (phylloquinone)	µg	0.4	--	--	0.1	0.5
Lipids						
Fatty acids, total saturated	g	0.517	--	--	0.163	0.651
4:0	g	0.025	--	--	0.008	0.032
6:0	g	0.017	--	--	0.005	0.021
8:0	g	0.010	--	--	0.003	0.013
10:0	g	0.022	--	--	0.007	0.028
12:0	g	0.027	--	--	0.009	0.034
14:0	g	0.084	--	--	0.026	0.106
16:0	g	0.219	--	--	0.069	0.276
18:0	g	0.079	--	--	0.025	0.100

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.5g	1 bottle NFS 126g
Fatty acids, total monounsaturated	g	0.219	--	--	0.069	0.276
16:1 undifferentiated	g	0.017	--	--	0.005	0.021
18:1 undifferentiated	g	0.182	--	--	0.057	0.229
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.022	--	--	0.007	0.028
18:2 undifferentiated	g	0.015	--	--	0.005	0.019
18:3 undifferentiated	g	0.007	--	--	0.002	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	3	--	--	1	4

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0